Referring to FIG. **4**, a controller **46** is electrically connected to the motors **36***a*–**42***a* of the actuators **36**–**42** by conventional electrical cabling for continuously varying the retraction and extension of the shafts **36***c*–**42***c*. A timer **48** is operatively connected to the controller **46** for controlling the operation of the controller **46**, and therefore the corresponding retraction or extension of the shafts **36***c*–**42***c*, in accordance to a predetermined timed sequence. The controller **46** and the timer **48** can be mounted in the chassis **12**, in the housing **32**, or outboard of both in a separate housing (not shown). It is understood that the controller **46** includes a micro-processor, or the like, that controls actuation of each motor **36***a*–**42***a* independently of the others and the timer sets a predetermined timed sequence of operation. This causes corresponding continuous retraction or extension of the shafts **36***c*–**42***c* a number of times over a set period of time and thus varies the height of the keyboard **30** accordingly.

In operation, the controller **46** and the timer **48** are set so that, when the computer **10** and the keyboard **30** are in use, the shafts **36***c*–**42***c* of the keyboard housing **32** continuously vary the heights of the corresponding corners of the housing across a preset or user programmed range. Preferably, the height variations of the shafts **36***c*–**42***c* slowly change over a relative long period of time to the extent that they would not be noticed by the user during use.

The embodiment of the present invention described above thus enjoys the advantage of requiring the user to vary his or her posture several times over a predetermined period of time while using the keyboard **30**, and thus reduce discomfort without having to make constant mechanical adjustments to the keyboard. This allows normal operation of the keyboard while assuring that the user's hands, wrists, forearms and shoulders will not be in the same position/posture for extended periods of use.

In the event the user does not want the height of the keyboard **30** to continuously vary in accordance with the foregoing, the controller **46** can be turned off when the keyboard is in a preferred position, and the keyboard can thus can be used in a "static" mode.

It is understood that variations may be made in the foregoing without departing from the scope of the invention. For example, the embodiment described above is not limited to use with a desktop computer as described above by means of example, but is equally applicable to any type of self-contained computer, such as laptop computers, notebook computers, and the like. Also, the particular mechanisms for raising and lowering one or more portions of the keyboard can be varied within the scope of the invention. Further, the number of support members, or "feet," formed by the shafts **36***c*–**42***c* can be varied within the scope of the present invention.

It is also understood that the embodiment of the assembly of the present invention described above is intended to illustrate rather than limit the invention, and that the mounting assembly can take many other forms and embodiments within the scope of the invention.

What is claimed is:

1. A computer system comprising:

a computer including a processor and a memory;

a keyboard including a housing and a plurality of keys mounted on the housing for inputting the data to the computer;

a plurality of height adjustable support members extending from a bottom surface of the housing, each of the support members being adjacent a portion of the keyboard and each support member being independently movable to a plurality of positions relative to the housing for continuously varying the height of each adjacent portion of the keyboard in each position during operation of the keyboard;

a control unit for varying the position of the support members relative to the housing for varying the height of the housing; and

a timer associated with the control unit for controlling the operation of the control unit, whereby each portion of the keyboard adjacent each respective support member is height adjusted independent of each other portion of the keyboard to an infinitely variable number of positions between a fully retracted and a fully extended position of each support member.

2. The system of claim **1** wherein the support members threadably extend from the bottom of the housing.

3. The system of claim **2** wherein a support member is positioned in each corner of the bottom of the housing.

4. The system of claim **2**, wherein the control unit controls threaded extension of the position of each support member independently of that of the others.

5. The system of claim **1** wherein the support member is a shaft whose height varies to vary the height of the housing accordingly.

6. The system of claim **1** wherein the positions of the support members are gradually varied by the control unit.

7. A keyboard for inputting data to a computer, the keyboard comprising:

a housing;

a plurality of keys mounted on the housing for inputting the data to the computer;

a plurality of height adjustable support members extending from a bottom surface of the housing, each of the support members being adjacent a portion of the keyboard and each support member being independently movable to a plurality of positions relative to the housing for continuously varying the height of each adjacent portion of the keyboard in each position during operation of the keyboard;

a control unit for varying the position of the support members relative to the housing for varying the height of the housing; and

a timer associated with the control unit for controlling the operation of the control unit, whereby each portion of the keyboard adjacent each respective support member is height adjusted independent of each other portion of the keyboard to an infinitely variable number of positions between a fully retracted and a fully extended position of each support member.

8. The keyboard of claim **7** wherein the support members threadably extend from the bottom of the housing.

9. The keyboard of claim **8** wherein a support member is positioned in each corner of the bottom of the housing.

10. The keyboard of claim **8**, wherein the control unit controls threaded extension of the position of each support member independently of that of the others.

11. The keyboard of claim **7** wherein the support member is a shaft whose height varies to vary the height of the housing accordingly.

12. The keyboard of claim **7** wherein the positions of the support members are gradually varied by the control unit.

13. A method of improving comfort for users of a computer keyboard, comprising the steps of:

mounting a plurality of height adjustable support members to extend from a bottom surface of a housing for